

RE: 3 must-dos for amazing sex

**Subject:** RE: 3 must-dos for amazing sex  
**From:** Laurie Goldman <laurielgoldman@earthlink.net>  
**Date:** 08/18/2016 06:38 PM  
**To:** 'Kerry Morrison' <Kerry@hollywoodbid.org>

L0L – I didn't even notice that – oy, I'm getting old!

Heard your event last night was smashing – congrats!

Hugs,

L

From: Kerry Morrison [<mailto:Kerry@hollywoodbid.org>]  
Sent: Thursday, August 18, 2016 3:20 PM  
To: Laurie Goldman  
Subject: RE: 3 must-dos for amazing sex ☺☺

Laurie, will do. Your email subject certainly got my attention though.  
Surprised it didn't end up in spam J

From: Laurie Goldman [<mailto:laurielgoldman@earthlink.net>]  
Sent: Wednesday, August 17, 2016 2:22 PM  
To: Kerry Morrison <[Kerry@hollywoodbid.org](mailto:Kerry@hollywoodbid.org)>  
Subject: FW: 3 must-dos for amazing sex ☺☺

We must do something about this: LA is 9th in the list of most  
UNFRIENDLY cities –

Let's put this on our breakfast agenda J

Hope you are feeling better!

Hugs,

Laurie

From: HuffPost Lifestyle [<mailto:lifestylebrief@huffingtonpost.com>]  
Sent: Wednesday, August 17, 2016 2:00 PM  
To: [laurielgoldman@earthlink.net](mailto:laurielgoldman@earthlink.net)  
Subject: 3 must-dos for amazing sex ☐

[<http://i1.cmail2.com/ei/t/F7/1FA/3EC/013916/csfinal/Lifestyle.png>](http://i1.cmail2.com/ei/t/F7/1FA/3EC/013916/csfinal/Lifestyle.png)

[<http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-r/>](http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-r/)

#### The Unfriendliest Cities In The U.S.

Over the last four years, Conde Nast Traveler asked their readers to rate a city's "friendliness" in the Readers' Choice Awards survey, especially with respect to where travelers felt welcome. Some 128,000 people took the survey in 2015—see what they had to say [<http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-y/>](http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-y/) about the U.S. cities that gave guests a cold shoulder. Counting down...

10. Baltimore, Maryland

9. Los Angeles, California

8. Wilmington, DE

7. Dover, DE

6. New Haven, Connecticut

Click here to see the other unfriendly five.

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[<http://i3.cmail2.com/ei/t/F7/1FA/3EC/013916/csfinal/ScreenShot2016-03-15at8.00.55AM.png>](http://i3.cmail2.com/ei/t/F7/1FA/3EC/013916/csfinal/ScreenShot2016-03-15at8.00.55AM.png)

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#### Sorry, The New M&M's Are Not Actually Butterbeer Flavored

Say hello to these new limited-edition M&M's

[<http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-i/>](http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-i/) — a seasonal flavor called B00-tterscotch. Though they aren't related to Harry Potter in any official way, muggles were quick to draw comparisons between the candies and the Butterbeer of the books, leading to some confusing

headlines <http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-d/> .

The new M&M's will appear at M&M's World and Target stores over the coming weeks, a Mars spokesperson told HuffPost. People who've tried the candies say their taste is indeed familiar, even if the similarity wasn't intentional.

"These white chocolate treats are infused with an intense butterscotch flavor, making them taste remarkably like the Harry Potter favorite, Butterbeer <http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-h/> ," Delish reports.

The enchanting kick comes from a combo of white chocolate and artificial and natural flavors, according to an ingredients list obtained from Mars. Indeed, the new M&M's do have a few of the same ingredients as homemade Butterbeer

<http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-k/> : Milk or cream, butterscotch flavoring and sugar. Lots of sugar.

A 1.5-ounce serving of B00-tterscotch M&M's has 28 grams of sugar, which will make a solid dent in your daily recommended allowance

<http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-u/> . It's a magical indulgence indeed.

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### 3 Must Dos For Amazing Sex

The difficulty of sex comes from the communication. Partners are unlikely to get their sexual desires met if they're uncomfortable discussing them in the first place.

When we can understand the way we desire and communicate <http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-x/> our intimacy, the barriers that block a passionate sex life fall down, leaving a beautiful, erotic mess in between the bed sheets. These are the three must dos in a relationship.

1. You must understand and chart each other's sexual love map.

There seems to be a striking difference in the way men and women see sex. Most women desire sex when they feel emotionally close, where as men use sex as a way of becoming emotionally close. The way in which we feel loved and rejected in sex may be different.

By sharing how you experience love and rejection, you'll begin to understand your partner more and your partner will understand you as well. Any honest conversation you can have about sex will significantly improve your relationship both inside and outside of the bedroom.

2. You must discuss sexual shame and rejection.

So much of our culture treats sexuality as something shameful, and because of this, it's hard to avoid sexual shame. Embarrassment about sexual urges or anxiety over performance makes it threatening to trust your partner with your intimate secrets.

When a relationship works well, it's because both partners respects the sexual nature of each other.

You have sexual desires. They are valid and you have every right to pursue and satisfy them (as long as you don't hurt anyone in the process). Ironically, your desires are the hottest thing imaginable to your partner.

3. You must plan sex (occasionally).

There is a powerful belief that good sex is suppose to be easy, uninhibited, and tension-free. It's said that either your partner and you have it or you don't. It's kind of ironic in our modern willpower society that encourages us to manifest our careers through deliberate and relentless work ethic that our sex lives must only rise in the spontaneity of the moment.

Spontaneity is a wonderful fantasy, but in an ongoing relationship whatever is going to "just happen" has already happened. Now you have to make it happen.

Planned sex is intentional sex. Create an erotic space and time for your partner and you to connect. What happens in the space is up to you, but the space itself is deliberately designed to bring the erotic emotions back into the relationship.

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Not Sure What To Cook Today? We Got You.

Tired of your breakfast routine? Trying to eat healthier? Message us on Facebook Messenger

<http://news.huffingtonpost.com/t/t-l-hrtlhtk-khkkwiyu-c/>> to get healthy recipe recommendations for breakfast, lunch and dinner!

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